

Our Pathways to Health

Chronic Disease Self-Management

A **FREE** Workshop

Do you have back pain, fibromyalgia, repetitive strain injury or any type of pain that demands your attention on a daily basis?

Then this workshop is for you!

Learn About:

- Managing symptoms
- Dealing with negative emotions
- Managing medications
- Working with your health care providers
- Working with providers and communication about chronic pain

Workshops meet for 2 1/2 hours, once a week for six weeks.

Each workshop is facilitated by peer leaders trained by Stanford University.

Chronic Disease Self-Management Workshop

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Fridays

January 18th - February 22nd, 2019

1:00 - 3:30 pm

Eel River Multigenerational Ctr • 2280 Newburg Rd

Call for more information at [707.267.9606](tel:707.267.9606) or look for "Our Pathways to Health" to register online at eventbrite.com

Humboldt IPA
Humboldt Independent
Practice Association